

Attention HHP members: Verifications and/or internet packets are due by Thursday, **August 31, 2022.**

**** VERIFICATION SHEETS OR INTERNET PACKET FOR HHP PARTICIPATION MUST BE TURNED IN ON TIME FROM AUGUST-DECEMBER TO BE ELIGIBLE FOR CHRISTMAS ASSISTANCE.**

On-Site Events

These events are held at the fellowship hall (upstairs) of the John Knox Presbyterian Church, 9104 Westport Road. Must register for workshops. Please call **Shiny at 502-426-2824, x306** or **Heather at Ext. 310** to register.

MENTAL HEALTH AND WELLNESS: Led by a licensed counselor
Tuesday, 08/16 @ 10:30am (Please call to RSVP)

FOOD FOR THOUGHT: IMPROVING BRAIN HEALTH THROUGH PLANT BASED NUTRITION
Led by Pam Serban; A recipe and samples will be provided.
Tuesday, 08/23 @ 11:00 am (Please call or email to RSVP)

SAFETY, AWARENESS AND PROTECTION DURING CRISIS: Led by Craig Friedman
Tuesday, 08/30 @ 11:00am (Please call or email to RSVP)

**** NEW** EACM WOMEN'S SUPPORT GROUP:** A time to gather, fellowship, share and learn from one another. Group will meet 3rd Thursdays of the month.
Thursday, 8/18 @ 6:30pm. Must contact Shiny to join.

If you are unable to attend any In-Person events you have the option of picking up an Internet Packet. Please ask someone at the front desk or ask for Shiny for assistance.

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Multicultural Community Services

Several of these events take place off-site, not at the EACM office. Please note event locations.

Free English Classes (ESL), citizenship test preparation, and support groups

In-person classes are located at Springdale Presbyterian Church, 7812 Brownsboro Rd., Louisville, KY 40241. **Must register to join. Call Paty Robles for more information at 426-2824, x300.**

Latina Women's Group

Tuesday, August 23rd 6-8PM

(4th Tuesday of every month)

Citizenship Test Preparation

Call Paty Robles for information at 426-2824, x300

English Class Schedule (ESL)

All class times are 10:00-11:30 AM, except for the Monday Evening Conversation class.

MONDAY

Virtual (Zoom)

**Intermediate
Advanced**

In-Person

**Beginners 1
Beginners 2
Beginners 3**

MONDAY

EVENING

7:00-8:30 PM,
Virtual (Zoom)

**Conversation
Class**

- **Beginners 3
- Intermediate
- Advanced**

TUESDAY

Virtual (Zoom)

**Conversation Class
- Intermediate
- Advanced**

WEDNESDAY

Virtual (Zoom)

**Intermediate
Advanced**

In-Person

**Beginners 1
Beginners 2
Beginners 3**

FRIDAY

Virtual (Zoom)

**Beginners (all 3
levels)**

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Off-Site Opportunities

These community events are sponsored by outside groups and are held at various locations. Unless otherwise noted, these events are free.

*****NEED A BIKE TO GET TO WORK OR TO SCHOOL? Please call Shiny at 502-426-2824 ext. 306 for more information about Goodwill's Last Mile to Work program.**

GRIEF SHARE

Please go to www.griefshare.org. Click on Find a group and select a group near you. Please call Shiny at 502-426-2824 Ext. 306 if you need assistance in finding a group or location.

VITA FREE TAX PREPARATION (For off season)

VISIT: labcservices.org

MAMA MATTERS

Family Support of Catholic Charities of Louisville offers a space where mothers with children birth to five can meet, socialize, and support one another through the joys and challenges of motherhood.

Now Virtual! Group meetings on the 2nd and 4th Thursday from 11:00 a.m. - 12:00 p.m.

For more information or to register, contact Cydnei Dean.

Email- cdean@archlou.org, Office- 502-637-9786 x 306

Cell (text available)- 502-649-5569

Attn: Please let Shiny know if you plan on attending these meetings.

MOTHER INFANT CARE

Catholic Charities of Louisville is offering a 6-week course covering a variety of topics related to pregnancy and newborn care. Upon completion of the course, participants can select a brand new item such as a crib, car seat, pack-n-play and more! Other baby items are offered throughout the program.

To be eligible, you must be pregnant or have given birth in the last three months. This program is currently offered virtually. RSVP Required. Contact Cydnei Dean at 502-637-9786.

Attn: If you attend at least 4 out of the 6 week classes it will count for 6 months of HHP participation. Please see Shiny for more details.